



Winter Wellness Workshops

This holiday season may look different for students and families in a variety of ways. Syntero is offering two day prevention workshops aimed at teaching students developmentally appropriate healthy coping skills for managing the ups and downs of the winter break & the holiday season.

Please sign your student up for only one age appropriate option. If the option you are looking for is not listed, the workshop is full.

Sign ups open December 7th

Week 1: 12/21 & 12/23

K-2	December 21st and December 23rd	10:00am to 10:45 am
6-8	December 21st and December 23rd	10:00 am to 10:45 am
3-5	December 21st and December 23rd	1:00 pm to 1:45 pm
9-12	December 21st and December 23rd	1:00 pm to 1:45 pm

Week 2: 12/28 & 12/30

3-5	December 28th and December 30th	10:00 am to 10:45 am
9-12	December 28th and December 30th	10:00 am to 10:45 am
K-2	December 28th and December 30th	1:00 pm to 1:45 pm
6-8	December 28th and December 30th	1:00 pm to 1:45 pm

Keep an eye out early next year (2021) for additional prevention services opportunities through Syntero's Student Wellness Groups!

For Registration and More Information:

Google Form Registration Link: <https://forms.gle/VqzLoYRSKiHwtMbw6>

Questions? Contact studentwellnessgroups@syntero.org.

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